

Too much on the outside

I'll tell you the truth. You are fat. Yes, you are very fat. Oh pardon me; but your clothes are really ugly too.

Did you immediately start to think about your appearance after reading those statements? If you did not, congratulations, because you are probably one of the few survivors of this superficial world. Well, I am not so lucky as to escape from the hands of superficiality...I've splurged on clothes, went on diets, just so that I will be able to achieve skin-deep perfection, but this got me thinking. Why am I caring so much about my looks? Is it really that important?

I believe that looks matter too much in this society.

As a victim of this superficiality, I walk on the streets everyday, fearing that a strand of hair might be out of place or that my clothes are too loud. Adjusting my clothing and stealing a glance of myself in the mirror whenever possible has become something of a reflex action. A stare from any member of the public sets off an alarm within me, making me worry about my appearance. I have to face a panel of judges everyday; one that judges me based on my looks everywhere I go. Tiring indeed, as this vicious cycle repeats itself everyday, generating unnecessary stress within me.

A short stroll down Orchard Road exposes me to posters of almost-perfect models plastering every possible corner. All these constantly stir up a desire within me, making me want to look just like them. That is when I struggle to pursue fashion, even coming close to contracting eating disorders, just because I want to match up with these seemingly god-like figures. Then I ask myself again, what is wrong with myself? Is it worthwhile to be so superficial?

These accumulating thoughts and stress got me reflecting and I unraveled the truth. Skin-deep beauty will not bring me far even if it might bring me temporary happiness and attention. Sometimes, instead of helping me achieve what I want, it might even irk those around me because it makes it seem like I am overly self-conscious. Actually, the essence of beauty lies within a beautiful soul. A beautiful person will always possess a unique charm that overpowers that exuded by mere aesthetical beauty. "I think it's important for girls to be confident. Believe in yourself and ... everybody's hot." Here, I quote Paris Hilton. Her words made me throw those superficial thoughts of mine behind and empower myself with confidence.

As I hold on to Paris' words as a personal principle, I have come to realize something: As harsh as it might seem, the battle between accepting ourselves and submitting to the superficial world will go on, but we might win it some day. Only then, will we no longer have to suffer the pain of coming to grips with your true colours.